

# Wisconsin Masters Swimming

**Newsletter Date**  
**October, 2005**

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**WISCONSIN MASTERS  
WEBSITE**

**WWW.SWIM-WIMASTERS.ORG**

**Check it out for the latest  
meet results, state records,  
and MORE!**

**The key to all motivation  
is DESIRE.**

## **CHAIRMAN'S LANE**

**Dick Pitman**

In the September issue of Swimmer's World, which is produced by the former publisher of SWIM Magazine and edited by Phil Whitten, there is an interesting list of the "10 Best Things About Swimming" given by two great Masters swimmers: Suzanne Heim-Bowen and Rich Abrahams. How many of these can you identify with? I've not listed all 20 on their combined lists, but picked some of my favorites. You can check out the magazine and review all of them yourself. Here are my favorites:

10. Being the first person to dive into a crystal-clear, outdoor pool on a warm, sunny day and being able to glide while the ripples spread across the pool. (Abrahams)
9. It takes the place of a daily shower. (Heim-Bowen)
8. Watching super-fit 80 year olds who still walk with a strut. (Abrahams)
7. You can eat more than you should. (Heim-Bowen)
6. Constantly learning new things. (Abrahams)
5. It's easier to swim than to run. (Heim-Bowen)
4. Not having a lot of equipment—it's just a suit, goggles and skin. (Abrahams)
3. The opposite sex is scantily clad. (Heim-Bowen)
2. You're able to enjoy the scent of eau de chlorine. (Heim-Bowen)
1. Relating to people who share your passion. (Abrahams)

In August I took a trip to Mineral Point in southwestern Wisconsin. I had been there with the family about 20 years ago. At that time I was talking about swimming with one of the locals at Pendarvis, the famous historical site, and he/she mentioned that there *was* a pool across the street and up the hill. So, I walked up to see what kind of pool is *was*. I was shocked! There was an empty, decaying limestone-lined 50 meter pool! HOWEVER, when I revisited it again a month ago I was astonished to see it had been fully restored—six lanes with black lane lines, crystal-blue water. It was *gorgeous!* In this little tourist town of 2,640 people (2005 est.) here sits a beautiful jewel of a pool. I got so excited I left a note for the swim team coach saying I would like to go there next summer to put on a clinic. Who wants to go with me?

I also received a call from a New England Masters swimmer who was visiting relatives in Viroqua. He was exclaiming about the beautiful new pool in the Viroqua High School. This community has fewer than 4,400 residents. He said the coach there would like to start a Masters program but is not sure who would coach it or if there would be enough interest.

These two instances make me wonder a couple of things: first, of course, is how do we get programs to these two remote-cities; second, is there a reverse progression of community size and beautiful facilities. Why is it that the smaller the community the bigger and nicer the pool? The City of Madison (pop. 205,000) has *finally* started construction of their *first* municipal outdoor pool—an 8 lane x 25 meter pool to be completed by July 2006. And while this is an accomplishment not to be "knocked" it is a facility which will serve the community for just 3 months of the year.

I just finished coaching my third summer at the Goodman Center in Verona (8 lane x 25M outdoor pool). What a beautiful summer it was there! I had five or six of these swimmers who, in the last week of our program, said they would like to keep swimming during the winter and might even want to compete. They are discovering some of the joys of swimming, noted in the list above, that we all share.

(If YOU are looking for a place to swim—check out the Wisconsin Masters website under "Places to Swim". If you currently *provide* a place to swim be sure your site and pool hours are listed there. Send new and/or corrected information on these places to swim to John Bauman at wmac@execpc.com.)



## USMS 2005 Top Ten Short Course Yards for WMAC

### Individuals

<b>Betty Lorenzi</b> 77	<b>W. Morgan Byers</b> 77	<b>Cindy Maltry</b> 50	<b>Lynn Surles</b> 87
6th 50 Free :39.58	8th 100 Free 1:14.96	7th 50 Back :32.40	5th 50 Free :43.62
7th 100 Free 1:30.97	4th 200 Free 2:50.82	9th 100 Back 1:12.04	6th 100 Free 1:44.71
5th 200 Free 3:14.75	1st 500 Free 7:46.47*	4th 100 Breast 1:18.61	5th 200 Free 4:13.09
2nd 500 Free 8:24.63	4th 1000 Free 16:36.10	4th 50 Fly :29.25	5th 500 Free 11:14.94
2nd 1650 Free 28:48.79	1st 1650 Free 27:33.86*	5th 100 IM 1:09.31	6th 1000 Free 23:42.46
1st 50 Back :43.35*	7th 100 Back 1:37.03	6th 200 IM 2:34.89	4th 1650 Free 40:04.25
1st 100 Back 1:33.69*	5th 200 IM 3:19.34	<b>Julie Runnels</b> 32	<b>Carol Reinke</b> 68
2nd 200 Back 3:29.22	<b>Trina Schaetz</b> 32	9th 200 Back 2:20.97	7th 200 Breast 3:49.34
<b>Laurie Alioto</b> 47	9th 50 Free :25.67	<b>Geoff Mykleby</b> 52	<b>George May</b> 67
5th 1650 Free 19:39.13	4th 50 Breast :31.90	5th 50 Back :27.46	5th 100 Breast 1:20.42
2nd 200 Back 2:23.98	3rd 100 Breast 1:10.62	8th 100 Back :59.85	7th 200 Breast 3:05.16
4th 200 Fly 2:23.37	8th 200 Breast 2:36.84	<b>Ingrid Stine</b> 66	<b>Dick Pitman</b> 60
8th 200 IM 2:28.00	<b>Bela Sandor</b> 69	10 200 Fly 4:04.69	9th 1000 Free 13:29.07
3rd 400 IM 5:11.47	2nd 50 Breast :34.59	<b>Kyle Rausch</b> 29	<b>Brent Boock</b> 35
<b>Shawn Herman</b> 27	3rd 100 Breast 1:19.21	3rd 400 IM 4:23.32	9th 1650 Free 18:16.4
10th 1650 Free 18:42.77	<b>Joel Rollings</b> 34	<b>Peter Allen</b> 46	<b>Alex MacGillis</b> 76
<b>Bela Sandor</b> 70	9th 1650 Free 18:32.10	8th 200 Breast 2:22.02	10th 100 Breast 1:41.46
3rd 50 Breast :35.48	<b>Geri Havel</b> 56	<b>Sarah Schneider</b> 29	8th 50 Fly :43.99
2nd 100 Breast 1:16.64	5th 50 Free :28.89	10th 50 Breast :32.87	6th 100 Fly 1:44.36
3rd 200 Breast 2:59.93	8th 50 Back :37.90	9th 100 Breast 1:11.17	<b>Bill Payne</b> 75
<b>Melinda Mann</b> 48	10th 100 Back 1:25.39	4th 200 Breast 2:33.49	9th 200 Free 2:57.90
2nd 50 Breast :33.15	<b>Nancy Kranpitz</b> 60	<b>Ryan Zahorik</b> 28	7th 50 Fly :42.34
2nd 100 Breast 1:12.51	8th 50 Free :32.84	4th 100 Back :54.14	3rd 100 Fly 1:34.78
7th 50 Fly :28.60	6th 50 Fly :37.90	6th 50 Breast :27.10	8th 100 IM 1:30.82
3rd 100 Fly 1:02.58	8th 100 Fly 1:32.52	2nd 100 Breast :57.89	6th 200 IM 3:29.78
4th 100 IM 1:05.95	6th 200 Fly 3:28.03	1st 200 Breast 2:07.80*	
<b>Heather DeFelice</b> 2	10th 100 IM 1:26.62	3rd 100 IM :53.30	
8th 100 Breast 1:10.87			

**CONGRATULATIONS** to all of our Top Ten swimmers and relays and **EXTRA CONGRATULATIONS** to *Betty Lorenzi, Morgan Byers, and Ryan Zahorik*. By virtue of their 1st place rankings, **Betty** (50 & 100 Back), **Morgan** (500 & 1650 Free), and **Ryan** (200 Breast) have earned *All-American* status in these events!

### Relays

<b>Women 25+</b>	<b>Women 25+</b>	<b>Women 55+</b>	<b>Women 55+</b>
6th 200 FR 1:46.46	4th 200 MR 1:57.46	3rd 200 FR 2:17.20	3rd 200 MR 2:33.94
Krista VanEnkenvoort 31	Julie Runnels 32	Betty Lorenzi 77	Betty Lorenzi 77
Erin Schneider 26	Trina Schaetz 32	Candy Christenson 58	Candy Christenson 58
Sarah Schneider 29	Sarah Schneider 29	Nancy Kranpitz 60	Nancy Kranpitz 60
Trina Schaetz 32	Krista VanEnkenvoort 31	Germaine Havel 56	Germaine Havel 56
<b>Men 25+</b>	<b>Men 45+</b>	<b>Men 65+</b>	<b>Mixed 25+</b>
4th 200 MR 1:39.99	2nd 400 MR 4:10.51	10th 200 MR 2:42.89	2nd 200 FR 1:34.69
Ryan Zahorik 28	Stephen Nelson 45	Fred Salzman 72	Darryl Stich 29
Daniel Schaetz 34	Peter Allen 46	Bela Sandor 69	Trina Schaetz 32
Darryl Stich 29	Eric Jernberg 46	John Bauman 74	Sarah Schneider 29
Timothy Young 34	Steve Forrer 52	Bill Payne 75	Ryan Zahorik 28
<b>Mixed 25+</b>	<b>Mixed 55+</b>	<b>Mixed 55+</b>	<b>Mixed 65+</b>
3rd 200 MR 1:45.38	6th 200 FR 1:59.20	7th 200 MR 2:19.45	8th 800 FR 14:19.80
Ryan Zahorik 28	Nancy Kranpitz 60	Germaine Havel 56	Ingrid Stine 66
Trina Schaetz 32	Germaine Havel 56	George May 67	John Bauman 74
Daniel Schaetz 34	George May 67	Nancy Kranpitz 60	Joanne Moder 67
Sarah Schneider 29	Peter Toumanoff 55	Peter Toumanoff 55	Fred Salzman 72

**WISCONSIN MASTERS**  
**SHORT COURSE METERS SWIM MEET**  
**November 5, 2005**

- Sponsored By:** The Wisconsin Masters Aquatic Club.
- Sanctioned By:** Wisconsin LMSC for USMS, Inc. Sanction No. 205-08
- Location:** Lawrence University, Buchanan-Kiewit Aquatic Center, near the corner of East College Ave and Law Street, Appleton, WI.
- Time:** Saturday, November 5, 2005, Warm-up 12:00 PM, meet starts at 12:30 PM.
- Eligibility:** Open to all Masters Swimmers 19 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.
- Rules:** Official Masters Rules will govern this meet. All events will be timed finals.
- Seeding:** Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined.
- Timing:** Automatic timing system backed up by watches.
- Warm-Up Procedure:** Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.
- Entry Fee:** \$2.50/individual event, plus a \$3.00 pool surcharge. Deck entries for individual events will be accepted only until 12:00 PM and the fee for deck entries shall be \$4.00/event plus the surcharge.
- BARGAIN RATE:** \$10.00, plus the surcharge, for those participants that swim a Sprint, Middle Distance, or Iron man Pentathlon of five events, butterfly, backstroke, breaststroke, freestyle, and individual medley. This fee **DOES NOT** cover the fees for the Minnesota Masters Postal Pentathlon.
- Fees must accompany entries, checks payable to WMAC.
- Entry Limit:** Five individual events plus relays. THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED and each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps.
- Entry Deadline:** Entries must in the meet director's hands no later than 6:00 PM Saturday, Oct 29, 2005.
- Meet Director:** John Bauman  
11917 W. Rainbow Avenue  
West Allis, WI 53214  
(414) 453-7336 e-mail: wmac@execpc.com
- Entry Form:** The official entry form (found on page 5) must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations.
- Awards:** Ribbons for 1st to 3rd place.

**DON'T DELAY - ENTER TODAY**

## SCHEDULE OF EVENTS

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. 50M Butterfly</li> <li>2. 400M IM</li> <li>3. 100M Freestyle</li> <li>4. 200M Backstroke</li> <li>5. 100M Breaststroke</li> <li>6. 200M Freestyle</li> <li>7. 50M Backstroke</li> <li>8. 200M Butterfly</li> <li>9. 200M Medley Relay*</li> <li>10. 400M Free Relay*</li> </ol> | <ol style="list-style-type: none"> <li>11. 50M Breaststroke</li> <li>12. 200M IM</li> <li>13. 50M Freestyle</li> <li>14. 100M Backstroke</li> <li>15. 200M Breaststroke</li> <li>16. 100M Butterfly</li> <li>17. 100M IM</li> <li>18. 200M Free Relay*</li> <li>19. 400M Medley Relay*</li> <li>20. 1500M Freestyle</li> </ol> |
|---|--|

\*Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men, two women).

Each year Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon events in our meet: Sprint (a 50 of each stroke plus a 100 IM); Middle Distance (100 of each stroke and 200 IM); and the Iron man (200 of each stroke and 400 IM). Official entry forms for this postal meet will be available at our meet. In past years Wisconsin Masters have placed in this postal meet and have won events and set new records. So—give it a try!

**NOTE:** *Minnesota Masters will charge a separate fee for entry in its postal pentathlon. Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fees.*

**POST MEET:** When the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Avenue at the railroad crossing (Northeast corner). It is on the way out of town and the food is good!

**DIRECTIONS TO POOL:** The pool at Lawrence University is on the main campus on East College Avenue which is Hwy 125 into the city. If coming from HWY 41 take HWY 125 off-ramp (West College Ave.) and go east all the way through the downtown business district to the campus on East College Ave. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is just east of and behind Main Hall on the south side of College Ave. Parking in and around campus is limited. If you're headed east on College, go past the Chapel to the next stop light and turn left. Go one block, turn left again, go another block to Union St. and turn left again. There's a visitors parking lot next to the Chapel and a fair amount of on-street parking in this general area. The Rec center and pool are straight south of Union Street.

Lawrence meet results will be posted on our website: [www.swim-wimasters.org](http://www.swim-wimasters.org).



by Kiki Day



**"HEY, LET'S GO! I NEED TO LEAVE ON THE :45!"**

**Dave Holland**, 47, was the lone swimmer from Wisconsin to attend the USMS Long Course Meters Nationals in Mission Viejo in August. Dave had an extremely successful meet taking **4th** in the 200M breaststroke (2:48.70), **7th** in the 200M IM (2:30.68), and **16th** in the 50M Fly (:30.65). His breaststroke and IM swims established new state records for men 45-49 LCM! Congratulations to **Dave** on these fine swims and thanks for being such a great representative of our state at the LCM Nationals!!!!

# WISCONSIN MASTERS SWIMMING ENTRY FORM

## LAWRENCE UNIVERSITY

November 5, 2005

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make a copy of the entire entry form or paste a copy of the card here.

NAME \_\_\_\_\_

MALE \_\_\_\_\_  
FEMALE \_\_\_\_\_ USMS NO \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

TEAM \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

USMS rules limit a swimmer to no more than five individual events per day.

### NON-PENTATHLON ENTRY

EVT #	EVENT	SEED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### PENTATHLON ENTRY

EVT #	EVENT	SEED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### MEET ENTRY FEES:

\_\_\_\_\_ EVENTS @ \$ 2.50 ea. + pool surcharge \$ 3.00= \$ \_\_\_\_\_

### LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed \_\_\_\_\_ Date \_\_\_\_\_

# Great Set

Mike Daley—Masters & Age Group Swimming Coach  
Schroeder YMCA

What is your goal when you swim? For many, the ultimate goal is to be consciously in control of how fast and how far you swim. Many athletes want to go farther with each stroke. For purposes of this discussion, please think of your speed or velocity in swimming as this equation:

$$\text{Velocity} = \text{Stroke Rate (SR)} \times \text{Stroke Length (SL)}$$

Stroke Rate is the number of times you put your hand into the water. Stroke Length is the distance you travel with each stroke. Increasing SL requires one to become more efficient. Efficiency is improved by shaping your body, and moving your body in a way that produces the least amount of drag possible.

In the Schroeder Master Swim program, we constantly work on increasing our efficiency in the water by spending lots of time on improving our technique. One of the ways we determine if our technique is improving is to work to maintain low stroke counts for increasingly longer distances: distances of our choosing. With this in mind, the GREAT SET offered for your consideration is as follows:

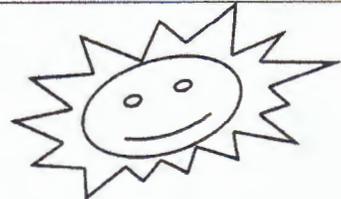
Swim 100-75-50-25: Count your strokes for the 100 and divide by 4 to get your strokes per length (SPL). Then, work to maintain that same stroke count per length as you swim the 75, 50 and 25. We do two rounds of this sequence.

At the end of the set, you will have a good idea what your personal "N" is—the number of strokes you currently take to swim 25 yards. Most of us need to work to reduce our counts, especially as we go longer distances. Drill can assist in improving efficiency, lowering stroke counts, and ultimately helping to be in control of your swimming. Doing this set at the beginning of the season is a great way to determine what you need to do during practices to become more efficient as the season unfolds. Why not try this set next practice, and see what you can do? The set is simple, but few can do it.

If you have any questions or comments, please don't hesitate to contact me. I love to talk swimming! (mdaley@wi.rr.com)

*You cannot change the direction of the wind....but you can adjust the sail on your boat*

This year twenty-seven (yes 27) individuals achieved Top Ten rankings in a total of 84 different events! Twelve (12) relays representing 8 different age groups also achieved Top Ten status. While as recently as '04 we have had more relays acknowledged this is the largest group of individuals to achieve this honor that I can recall. With such high caliber individual swimming it only makes sense that we should be able to put together many more high caliber relays. So, the next time someone asks you if you would be willing to participate in a relay—say YES! We have a great opportunity to make a mark in the SCM rankings with the upcoming Lawrence SCM Meet November 5th. Please come—and swim as many events as the entry limitations allow.



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Fifty (yes 50!) swimmers participated in the Madison Open Water Swim held in Lake Mendota on August 20. Thirty-two participated in the 1.5 mile event and 18 in the 3 mile swim. The water temperature was great as was the weather. Storms that moved through the area did their best to avoid us!

In the 1.5 mile swim Tony Arneson and Jessica Diel took top honors for the men and women and in the 3.0 mile competition Steve Patton and Laurie Alioto captured the top places. All four are WMAC swimmers! (A non-WMAC swimmer placed 1st over all but competed in a wetsuit and was not eligible for the prize or recognition.)

All swimmers were presented with a patch signifying their participation and were able to create their own medal. The awards, patches and cap design were all created by Madison Area Masters swimmer Dan Slick.

Lots of great help was tendered by many volunteers including 8 paddlers from the Mad City Paddlers. Thanks to all who helped and competed and made this event a big success for the 4th time!



A group of hardy WMAC swimmers from the Lake Geneva area get ready for an early morning swim in Fontana Lake.

Are you a "pack-rat"? Do you still have your copy of the July Newsletter? If so, PLEASE send me a copy of the LAST page. The "archives" copy I have is missing that page (that would be page #6)! Please send it to the address (Cedar Falls Road) on the front of this newsletter. Thanks!

## Tip of the Month—Fine Tune Your Technique

Paul Hutinger—Florida Mavericks

When you are at a meet, work on the starts, turns and finishes for each of your different strokes. If you train at a pool that has no starting blocks or backstroke flags, it is even more important to work on these basic techniques.

**STARTS:** After your regular warm up, go to the sprint lane and do several starts for each of your different strokes. Concentrate on clean entries, streamlines with arms tight to your head, power kicks (other than breaststroke) with fast, short kicks and good pull outs. Keep your chin tucked to your chest on your entry to keep your goggles on, or wear them under your cap. Sprint at least halfway to get into the groove of swimming fast.

**TURNS:** Work on turns at race pace. You need to practice fast turns so you develop good habits in timing your strokes from the flags to the wall.

**FREE:** Open or flip turns are your option. A good open turn may be more efficient in your longer events. As you get older you will appreciate the extra time you have for a quick breath on the turns.

**BACK:** Especially important to work on turns, open or roll over, so you know your exact stroke count from the flags to the wall. Remember, you need to add at least one more stroke on meter courses.

**BREAST & FLY:** Timing is crucial from the flags to the wall. You touch the wall on a complete stroke, with two hands. Swimmers have been disqualified for taking partial strokes at the wall.



A finely tuned Darryl Stich shows great fly form while competing at the USMS SCY Nationals in Ft. Lauderdale in May.

### WMSC

#### Handbook!

The Wisconsin Masters Swim Committee Handbook can now be found on the Wisconsin Masters Website. It is our "Bible" (so to speak) and it contains a wealth of information about the way our state program is conducted and administered.

**FINISHES:** How many of you have ever worked on finishes? Each stroke has important, specific techniques similar to those used in turns. Whether you need a one or two hand touch, use your finger tips to touch the pad or wall. You can gain over a second by a finger tip touch instead of grabbing or slapping at the top of the pad. On your last backstroke pull, drop your head back under water and kick in hard for your finger tip finish.

**COOL DOWN:** Swim at least an easy 100 after each race to aid in eliminating the lactic acid from your body. This is also a good time to work on your turns and finishes for your next event.

**NO LONG COURSE POOL TO TRAIN IN?** Years ago, when I swam in Illinois, I had no local 50M pool. Several times I drove 50 miles to train in a 50M pool or joined the local age group team on their 50M training. At a LC Masters meet, I would do extra warm up yardage and stay after the meet to do a set of 10 or 20 x 50's (select an interval that works for you) for additional long course training. You may find other options to get to a 50M pool every couple of weeks.

These ideas for specificity of training will help your program, whatever your competitive level. In addition, include these suggestions in your training at your own pool, and you will be farther ahead when you do your meet warm up.

## Senior Olympics Swimming

The swimming portion of the Wisconsin Senior Olympics took place on Saturday, September 10, at the Wauwatosa West High School pool. John Bauman organized the meet and with assistance from Ingrid Stine and Ray Diederich ran it in an extremely efficient and timely manner! There was a nice mixture of registered Wisconsin Masters swimmers as well as a number of those who fell into the "novice" (never competed before) category. Results of Wisconsin registered swimmers will be posted on our web site. Be sure to check it out. If you are 50 or older you missed a great meet. This competition is always held in early September—so plan to put it on your calendar for 2006. A special thanks to John for all his work in making this such a successful event!

## REGISTRATION TIME IS APPROACHING!

Registration time is just around the corner and in an effort to expand our membership, coaches and members can lend a hand by having copies of the USMS Registration form available for potential new members (current members will automatically receive their form in a mailing next month). If you are not a part of a sub-club simply list WMAC (Wisconsin Masters Aquatic Club) on the line that calls for "club". If you are a member of a sub-club put "WMAC-your club" (example: WMAC-MAM as in Madison Area Masters). You can do this only if you are part of a registered sub-club which requires that the club pay an annual fee of \$30.00

As regards State relay records: The procedure for State relay records does NOT preclude members from 2 or more sub-clubs recording a record. The record data would reflect that WMAC was the record setting relay rather than a sub-club. A sub-club is only recognized if all members of the relay are from the same sub-club.

Finally, if you have (or know of) someone who is currently NOT registered and who would like to swim in the Lawrence SCM Meet in Appleton on November 5, they are allowed to register as of November 1 and get 14 months of membership in USMS and WMSC as this registration would not expire until December 31, 2006.

## A Tri - ing Experience

Candy Christenson

Several Wisconsin Masters Swimmers competed in the recent Waupaca Triathlon on August 20. The event consisted of a 1/2 mile swim in a beautiful lake in South Park, a 20.4 mile bike ride through the rolling hills of the Waupaca countryside, and a 3.1 mile run through a flat course in town. **Geri Havel, Nancy Kranpitz, and Candy Christenson** completed the individual event while **Jane Stewart** completed the swim leg of a family relay with her brother and 12 year old nephew.

As participants arrived between 5:30 and 6:00 AM the day of the race they were greeted with an hour of thunder, lightening, and pouring rain. After a half hour delay of the starting time the day gradually turned into clear skies and sunshine, making it another enjoyable event. 203 competed in the women's category, 361 in the men's, and 50 relays in the various relay combinations.

The swim, which was a straight out, around a buoy and back, was a super swim for **Geri** as she finished at the front of the wave that had started out 2 minutes before her wave! As for the bike, after watching weeks of Lance continually do standing climbs on the hills of the Tour de France, **Candy** decided to try the same technique. By getting out of her seat instead of just going to the easiest gear, she was able to take 5 minutes off her bike time from last year. Being swimmers, all three continued to be challenged by the run...*but they completed it...which is one of the reasons they continue to participate: "just because they still can."* *Carp Diem!* It probably doesn't need to be mentioned to masters swimmers that another (perhaps *the most*) important reason for participating is the great food and the reunions of friendships after the event is completed.

## Total Immersion Freestyle Workshops

2005 Fall Schedule in Madison, Wisconsin

As the season progresses, you may want to take stock of your efforts to date. Many of you will determine that you want to improve your swimming efficiency. To that end, I am offering three Total Immersion Workshops in Madison this Fall (October 15-16; October 29-30; and November 5-6).

Please consider attending one of these workshops. The time will be a profound swimming experience. TI students—even those who have been frustrated for years, swim better than they ever thought possible after this weekend of specialized instruction. Several Triathlon Wisconsin members have already taken advantage of this opportunity with great results. If you would like references from other Tri WI members, please let me know.

The tuition for the workshop is normally \$445, but for Tri WI members it is \$400. Please contact me with questions to discuss your needs, or any other swim issues. I love to talk swimming!!

Mike Daley; [mdaley@wi.tr.com](mailto:mdaley@wi.tr.com) 414-467-5679

Next year's event is set for August 19, 2006. Check out their website at [www.waupacaareatriathlon.com](http://www.waupacaareatriathlon.com) Swim on a relay—or test yourself and do it all—because deep down you probably do know that you *can*. "Tri" it—you'll probably like it!

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